**Brain Breaks**

“Engaging both hemispheres of the brain promotes neural pathways.”

Hands Brain Break

* Wave right hand left to right. Palm out.
* Stop right hand. Wave left hand up and down.
* Do these movements together (not diagonally).
* Switch hands.
* Do it faster and switch often.
* To increase difficultiy, cross arms.

Snap and Wink

* Wink left eye and snap fingers on right hand at the same time.
* Wink right eye and snap fingers on left hand at the same time.
* Switch back and forth quickly.

Ear and Nose

* Grab left ear with right hand. Keep arm close to body.
* Take left hand and touch nose.
* Uncross. Grab right ear with left hand and touch right hand to nose.
* Switch back and forth quickly.

Gotcha (in groups of 4-10)

* Form a circle.
* Hold out left hand to person on the left. Palm is flat and up. Take right index finger and point it directly into palm of person on right.
* When leader says “Gotcha,” try to grab finger of person next to you while you, at the same time, try to escape being grabbed.
* Switch hands.
* Try it with arms crossed.

Harry Got Back -- repeat several times, increasing speed each time

* Harry (touch hair)
* just (touch chest)
* got back (touch back)
* from the front (touch stomach)
* where he was needed (touch knees)
* to defeat (touch feet)
* the army (touch arms)